

Share Staff Stories of Volunteerism

By Anya Armes Weber

Staff who shares their stories of volunteerism will be recognized by the Kentucky Commission on Community Volunteerism and Service (KCCVS).

CHFS staff is asked to share their stories of service with Focus readers for publication during Kentucky Volunteer Week, April 19-25.

Focus readers want to know how you are involved in your communities. What agencies do you help? How much time do you give to your cause? What have been your greatest rewards?

E-mail your submissions to [Anya Weber](#), Office of Communications, by Tuesday, April 14.

KCCVS will recognize the staff who submits their stories with a certificate.

Submissions may be edited for style and length. Photos are welcome. Please include your staff position and county location.

Thank you for sharing your stories of service.

Paying too much to Smoke? DPH Helps You Kick the Habit

In light of tax increases on the purchase of tobacco products that took effect last week, the Kentucky Department for Public Health (DPH) is offering assistance to CHFS employees who may be considering quitting smoking or smokeless tobacco.

The Kentucky Tobacco Quit Line, 1-800-QUIT NOW, is a public health service available to all Kentuckians who are trying to quit smoking. The free service provides ongoing counseling to those working through the quitting process and houses information on other quitting resources, such as the Cooper/Clayton Method to Stop Smoking offered through local health departments.

The federal government recently passed legislation to more than double the federal cigarette tax to pay for an expansion of health insurance for poor children. The 62-cents per pack increase, which amounts to a total federal tax of \$1.01, took effect April 1. Similarly, Kentucky legislators voted to increase the state excise tax on cigarettes by 30 cents, bringing the state tax to 60 cents per pack. The state tax increase also takes effect April 1.

DPH projects the increased cost of cigarettes will have a dramatic impact on household budgets, estimating that a pack-a-day smoker will spend more than \$1,380 on cigarettes in a year and a two pack-a-day smoker will spend almost \$2,760.

The Quit Line provides each caller access to a trained cessation specialist who will work with the caller to help him or her quit and avoid things that lead back to tobacco.

After the initial call, users may receive up to five scheduled call backs from their counselor. For smokers considering quitting, the Quit Line staff will provide information about tobacco use and treatment options. Counselors will provide state and local resources to callers as another option for tobacco cessation. Parental consent is required for callers younger than 18.

Kentucky's Tobacco Quit Line is available statewide, Monday through Friday from 9 a.m. to 9 p.m. EST. After regular hours, callers can leave a message, and their call will be returned. The Quit Line (1-800-QUIT NOW) services are available in English and Spanish. For individuals who are deaf or hard of hearing, TDY/TDD is available at (800) 969-1393.

For more information about the Quit Line, contact Jan Beauchamp at Jan.Beauchamp@ky.gov or (502) 564-9358, ext. 3817.

New Program Helps Pregnant Women Quit Smoking

Pilot Project Shows Signs of Promise in First 12 Months

A new program from the Kentucky Department for Public Health (DPH) and the University of Kentucky (UK) to reduce the number of pregnant women who smoke produced positive results during its first year.

The Giving Infants and Families Tobacco-Free Starts (GIFTS) program enrolled more than 500 women in its nine-county pilot area in eastern Kentucky, helping many give up smoking during their pregnancies. In addition, many more women have set target dates to quit smoking.

From Feb. 11, 2008, to Feb. 28, 2009, GIFTS identified 1,035 pregnant smokers in its pilot area of Lee, Leslie, Letcher, Owsley, Perry, Wolfe, Knott, Knox and Whitley counties where smoking rates range from 35.7 to 53.4 percent. Since that time, 540 people enrolled in the program (23.1 percent) have quit smoking. In addition, another 50.7 percent of enrollees set a date to quit smoking as a result of the program.

The Centers for Disease Control and Prevention reports that women who smoke during pregnancy increase the risk that their infants will suffer from low birth weight, intrauterine growth retardation, prematurity, various respiratory diseases and infant mortality. According to "The Health Consequences of Smoking; a report of the Surgeon General," smoking during pregnancy increases the risk for and exacerbates several pregnancy complications such as premature rupture of the membranes, infections, placenta previa and placental abruption, all of which are associated with preterm birth.

The Surgeon General's report also found a causal relationship between maternal smoking and ectopic pregnancy, miscarriage and fetal growth retardation.

For more information on the dangers of tobacco use or tobacco prevention and cessation programs, visit <http://www.chfs.ky.gov/dph/mch/cd/tobacco.htm> or call (502) 564-9358. More information about GIFTS can be found at www.mc.uky.edu/KYgifts.

Living Well: Healthy drive thru or pick up options?

Do you search the menu boards at fast food chains for a healthy alternative to burgers and fries? The pace of the nation has turned to convenience foods or fast foods as a solution to the daily time crunch.

Fast food chains and restaurants have become more conscious of the phenomena, offering healthier options to both maintain customers and to gain new ones. Some restaurants actually post the nutritional values on the menu boards so that consumers can decide on the spot if they want to eat all of their nutritional allotment in one meal or pick a healthier option.

However, not all of the chains want to reveal those nutritional values, which sparked my curiosity of the book “Eat This Not That” by David Zenczenko and Matt Goulding. I recently flipped through a copy in the grocery store and I immediately looked at my grocery cart and decided to put several items back. The authors of the book also rated the worst “healthy restaurant” foods. They listed the following as the 6 worst “healthy” restaurant foods.

- Blimpie Veggie Supreme (12-inch)
- Ruby Tuesday Avocado Turkey Burger
- Smoothie King Grape Expectations II
- IHOP Garden Omelet
- P.F. Chang’s Wonton Soup (bowl)
- Red Lobster Seaside Shrimp Trio

These items might sound good for you, but consider their ingredients.

- The Blimpie sandwich comes with three kinds of cheese and oil, not to mention the 12 inches of white bread. The sandwich is the equivalent of eating four and a half McDonald’s hamburgers.
- The Ruby Tuesday Avocado turkey burger sounds completely harmless but if you dissect this burger you will find a bun that fulfills a half days of calories and the fat content equivalent to five Baby Ruth Candy bars.
- The Smoothie King takes a healthy snack option and adds enough sugar that it equals the sugar content of nine packs of peanut M&M’s. These sugar levels are a disaster for anyone, let alone someone who has an elevated blood sugar level or diabetes.
- The IHOP garden omelet would also seem like a healthier choice, but IHOP refuses to disclose nutritional information so we only know that it is 1,150 calories the fat and sodium contents are unknown. Consumers should seriously question companies that refuse to list the nutritional content of their products.
- The P.F. Chang’s soup bowl contains more than two day’s sodium in a little bowl. The soup is the equivalent of eating 161 saltine crackers or 16 medium orders of McDonald’s French fries.
- Last on the list is the Red Lobster Seaside Shrimp bowl, which sounds like a safe and healthy choice. This dish also carries a day’s worth of sodium and half a day’s worth of calories.

Here is the “Eat This Not That” list of alternatives to the aforementioned foods:

- Turkey and provolone – 6-inch
- Premium aged prime sirloin
- Low-carb strawberry smoothie – 20 oz
- IHOP Garden Scramble
- Egg drop soup (cup)
- Broiled seafood platter

Many of us are trying to be smarter consumers by reading nutritional contents on products in the grocery store. Now try and do the same at fast food or chain restaurants. Most of the national chains are making an effort to offer healthier choices and nutritional information, but there are still several who refuse. Restaurants like Applebee’s, IHOP, Outback and T.G.I. Friday’s are still not offering nutritional information, so beware of those dishes listed as “healthy.” Research your favorite drive-thru or restaurant menu and maintain a healthy balance when eating out.

Employee Enrichment

By Anya Armes Weber

This week’s tip is from Ralph Marston, who posts The Daily Motivator online at greatday.com/.

Put Discouragement Behind You

“Just as quickly and easily as you can become discouraged, you can let go of that discouragement. The only power that discouragement has is the power you give it.

Though the challenges are great, you are greater. For you can act and learn and adapt, and act again with even more effectiveness.

If you feel yourself sinking into the false comfort of discouragement, choose instead to stand up. Boldly take a few steps forward, recall your deepest purposes and your most treasured dreams, and put that discouragement behind you.

Though there is always injustice in the world, there is always even more opportunity to make a positive difference. Though the challenges keep appearing, in each challenge is the chance to create new positive value.

You can decide how your life will be. And you have the power to make it so.

This is your moment to pick your head up, put a smile on your face, and with a quickness and determination in your step, move forward. Look toward your best possibilities, for you are here now to achieve great things.”